

# OFFICE OF THE SHERIFF

## Henderson County North Carolina



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*"A Brotherhood in Pursuit of Excellence"*

**Sheriff Charles S. McDonald**

# S.T.A.R Jar Questions



# CAUTION!

Decision-Making and  
Consequences, Use of Alcohol,  
Tobacco, and E-Cigarettes

Lesson 2



# WHO MAKES DECISIONS?



**Everyone**



**Everyday**

# Steps To Good Decision Making



1

## Identify the decision to be made

- o What goals or end results do you want?



2

## List your options

- o Identify all the possible option and get more information.



3

## Study your options

- o What are the advantages and disadvantages for each option?



4

## Make your decision

- o Choose the solution and carry out the decision.



5

## Evaluate your decision

- o Did you decide correctly? Was it a good choice?

**Decisions**  
**Decisions**  
**Decisions**

**“Decisions People Make”  
Handout**



# Teenage Speeder

Gets where they are going a couple of minutes faster.

Unable to slow down for a traffic hazard, causes crash.

Is seriously injured or killed or causes someone else to be seriously injured or killed.

# Good Decision/Bad Decision



**LEGAL DOES NOT ALWAYS  
MEAN GOOD FOR YOU**



# What is the Legal Age Limit for Drinking Alcohol?



# Dangers of Underage Drinking



## Death

Each year, an estimated 5,000 people under the age of 21 dies from alcohol related injuries.



## Thinking Problems

Heavy drinking in the teen years can cause long-lasting harm to thinking abilities.



## Addiction

More than 4 in 10 people who begin drinking before age 15 eventually become alcoholic.



## Arrest

Drinking under age 21 is against the law. Possible penalties : loss of license, loss of job, and loss of college scholarship.

# Not All Alcohol Is The Same

12 fl. oz  
beer



8-9 fl. oz  
malt liquor



5 fl. oz  
wine



1.5 fl. oz shot of  
hard liquor



about  
5% alcohol



about  
7% alcohol



about  
12% alcohol



about  
40% alcohol

The percent of "pure" alcohol expressed here as alcohol by volume (alc/vol) varies by beverage.

# Keeping It Safe



# *What is the Legal Age to Purchase Tobacco Products?*



**18+**

# Did you know...

Many states, including California, Hawaii, New Jersey, Maine and Oregon have increased the age to purchase tobacco to 21 years of age.

North Carolina has pursued similar legislation, but nothing has been passed yet.



<https://lifeinsurancebyjeff.com/wp-content/uploads/2013/05/life-insurance-chewing-tobacco.jpg>



<https://lytimg.com/vj/XhTS8BwV7ps/mqdefault.jpg>



<http://g04.com/atomizer/Best-E-Cigarette-Atomizer-30S-Atomizer-Vaporizer-Electronic-Cigarette-Battery-Mod.jpg>

# A Few Facts About Tobacco and Kids

The addiction rate for smoking tobacco is higher than the addiction rate for marijuana, alcohol, or cocaine.

Everyday more than 2,500 kids under 18 try smoking for the first time.

The peak years for first trying to smoke appear to be in the sixth and seventh grades (or between the ages of 11 and 13).



# **SMOKELESS TOBACCO & E-CIGARETTES NOT A SAFE ALTERNATIVE TO TOBACCO**

People do not inhale the same amounts of tar and carbon monoxide, but they still get an unhealthy amount of nicotine and chemicals.

# Chemical Examples

## Formaldehyde

Is a colorless, strong smelling gas. It is used to make building materials and household products.

## Diethylene glycol

Is a colorless, practically odorless, poisonous, and hygroscopic liquid with a sweetish taste. Diethylene glycol is an ingredient for antifreeze and coolants.



<https://www.preppesbest.com/wp-content/uploads/2015/02/Therma-Fuel-Flame.jpg>





Tobacco Kills





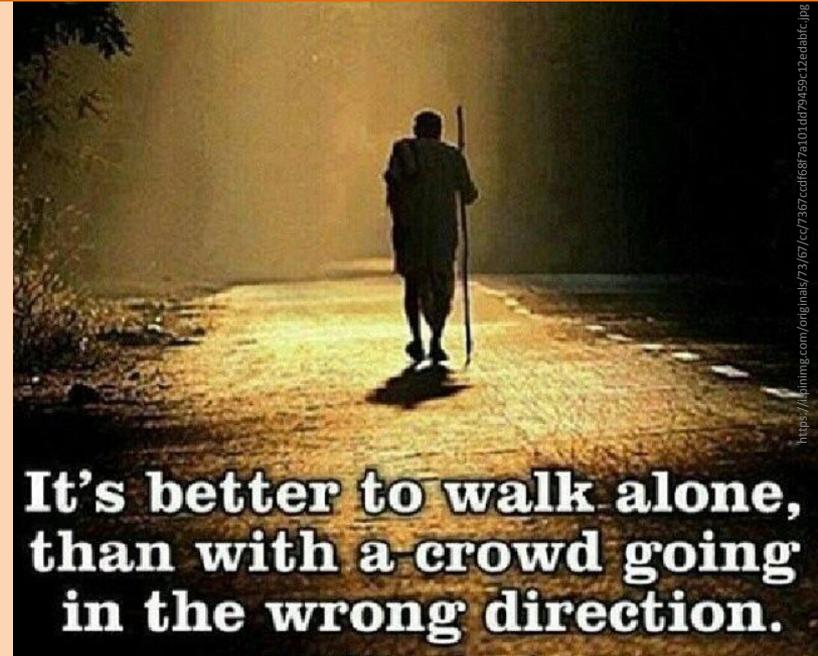
## Direct Pressure

A friend asks you to do something you know is wrong.

# Peer Pressure

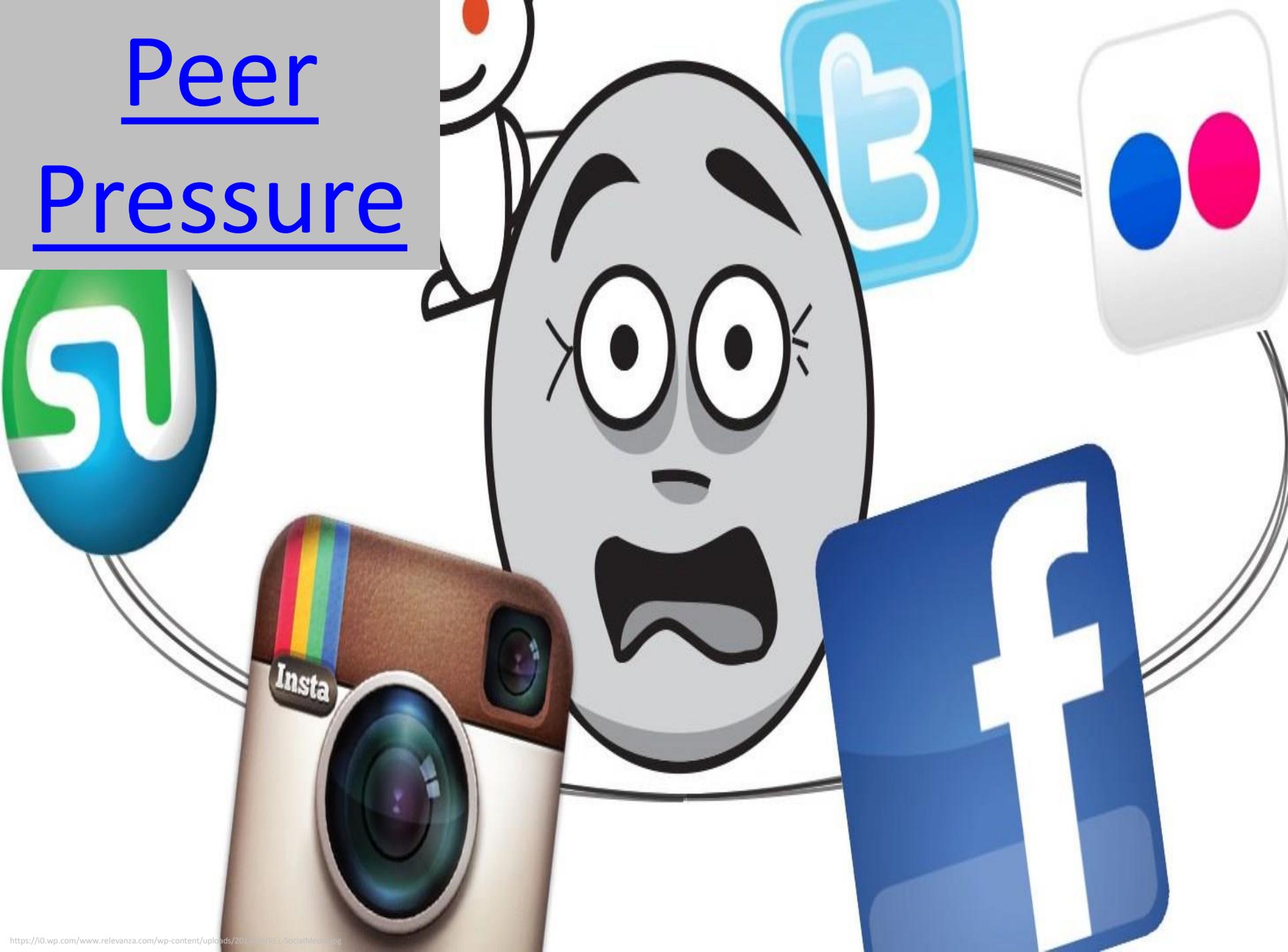
## Indirect Pressure

Thinking that you are suppose to act a certain way because everyone else is.



**It's better to walk alone,  
than with a crowd going  
in the wrong direction.**

# Peer Pressure



# HOMework



ANY  
QUESTIONS  
?